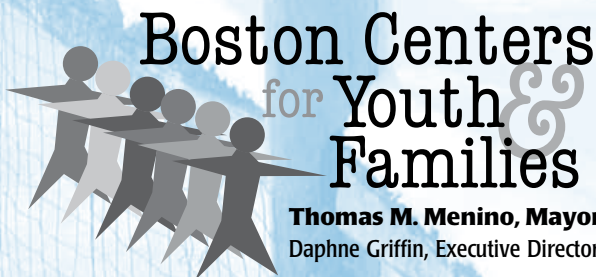


West Roxbury Community Centers

Winter/Spring Program Guide 2012



Thomas M. Menino, Mayor
Daphne Griffin, Executive Director

Who We Are

The West Roxbury Community Centers (WRCC), Roche Family Community Center is a not-for-profit community based organization for the residents of our community.

Governed by the WRCC Council and in partnership with the Boston Centers for Youth & Families (BCYF), WRCC's continued mission is to reach all residents of its community and provide quality arts, character, education, and sports programs.

In January 2006, the WRCC and Facility Management Corporation reopened the Jim Roche Community Ice Arena, a Massachusetts Department of Conservation and Recreation Skating Rink. The Roche Arena provides high quality, affordable skating programming for all ages and abilities within the community.

Winter /Spring Schedule Highlights

January 1	WRCC Members skate for free @ Roche Arena beginning today
January 4	Registration for City of Boston residents only 5pm-7pm at the back entrance
January 11	Registration begins for non-residents @ 9 am
January 23	Session 1 begins
January 25	Small Wonders Lottery Selection begins at 6:00pm for 2012-2013 school year
March 14	St. Patrick's Day Luncheon for Seniors
March 26	Session 2 begins
April 2	WRCC Scholarship Applications available to all graduating seniors from the West Roxbury/Roslindale area
May 2	Registration for Summer Programs @ 5pm
May 9	Mother's Day Luncheon for Seniors
May 11 & 12	WRCC Players "Beauty & the Beast Jr. " at WREC

West Roxbury Community Center Council

WRCC Council is a not for profit 501(c)3 . Our members raise funds for the programs at the site. Interested in joining our board? Join us on the 4th Thursday of each month at 7pm. We welcome your thoughts.

Membership at WRCC

How to become a Member

To become a member of the WRCC, simply come to the Roche Center and pay the annual membership fee, membership is renewable each September.

Membership Privileges

This brochure details programs offered for the 2012 Winter/Spring sessions. Most activities have a small tuition.

Membership	City of Boston Residents	Non-residents
Family	\$40	\$80
Individual	\$25	\$50
Senior (55+)	\$10	\$20
Teen (12 - 18 years)	\$5	\$10

Registration

Register for programs at our 1716 Centre Street location during our regular business hours. Registration for our Winter/Spring 2012 programs begins on Wednesday, January 4th at 5pm for **City of Boston residents ONLY**. Proof of residency may be required at time of registration. Registration for Non-residents will begin on Wednesday, January 11th at 9am. **One registration per family/member on January 4th**. Unless otherwise stated in the program description, WRCC membership is required. Please call 635-5066 with questions on membership or programs. The Center reserves the right to cancel programs due to insufficient registration. **Registration by mail will not be accepted**. Enrollment in the Session 1 does not guarantee enrollment in Session 2. Members may register for both sessions at time of registration. Space is limited for all classes. **Due to the popularity of the Toddler Time and Sticky Fingers classes, members may only register for 1 class per week, per session.**

Registration Policy

1. Memberships are non-refundable.
2. There are no refunds given after registration is taken for a program.
3. Credits/transfers will not be issued after the 1st week of session.
4. If the program you register for is cancelled, or if there is a Center-initiated schedule change, we will refund your full tuition.

Roche Family Community Center

A George Robert White Trust Facility

1716 Centre Street • (617) 635-5066 • rochecc@cityofboston.gov

Parking in the rear of the building is limited to marked spaces only. Any vehicles parked illegally in the lot or in the driveway will be towed at the owner's expense.

Hours of Operation

Monday – Friday 8:00 am – 9:00 pm
Saturday 9:00 am – 5:00pm

Fitness Center

Monday – Friday 8:00 am – 8:00 pm
Saturday 9:00 am – 4:00 pm

Jim Roche Community Ice Arena

1275 VFW Parkway • (617) 323-9512

Parking available in lot next to the arena.

Public Skating

Monday – Friday @ 12noon – 1:50pm
Friday evenings @ 8:00pm – 9:50pm with DJ
Saturday afternoons @ 2:00pm – 3:50pm
Sunday afternoons @ 2:00pm – 3:50pm

\$5.00 admission – all ages / \$4.00 rental skates Schedules available at arena, online @ www.fmcicesports.com or call 888-64-RINKS

Senior Skate

Wednesdays @ 11:00am – 11:50am
Free admission for seniors ages 65 & up.

NEW

Effective January 1, 2012, WRCC Members will be able to skate during public skating hours for free. Each member must present current WRCC membership card for free admission.

2012 Holidays

WRCC will be closed in observance of the following holidays:

New Years Day January 2

Patriots Day April 16

M.L. King Jr. Birthday January 16

Memorial Day May 28

Presidents Day February 20

Independence Day July 4

Classes scheduled on a holiday or Boston Public School snow day will be cancelled for the day and will not be made up. The Rink schedule does not apply

Preschool Programs

Toddler Time

Tuition: \$30 per seven week session

This parent and child class is teacher directed with activities such as tumbling, obstacle courses and rhythmic activities appropriate for your toddler's development. Due to the popularity of this class, members may only register for 1 class per week.

Session 1 begins the week of January 23, 2012

Code	Session	Age	Day	Time
TT1	1	Crawling – 1.5	Tuesday	9:00–9:45am
TT2	1	Crawling – 1.5	Wednesday	9:00–9:45am
TT3	1	Crawling – 1.5	Thursday	9:00–9:45am
TT4	1	1.5- 2.5	Tuesday	9:45–10:30am
TT5	1	1.5- 2.5	Wednesday	9:45–10:30am
TT6	1	1.5- 2.5	Thursday	9:45–10:30am
TT7	1	2.5- 3	Tuesday	10:30–11:15am
TT8	1	2.5- 3	Wednesday	10:30–11:15am
TT9	1	2.5- 3	Thursday	10:30–11:15am

Session 2 begins the week of March 26, 2012

Code	Session	Age	Day	Time
TT10	2	Crawling – 1.5	Tuesday	9:00–9:45am
TT11	2	Crawling – 1.5	Wednesday	9:00–9:45am
TT12	2	Crawling – 1.5	Thursday	9:00–9:45am
TT13	2	1.5- 2.5	Tuesday	9:45–10:30am
TT14	2	1.5- 2.5	Wednesday	9:45–10:30am
TT15	2	1.5- 2.5	Thursday	9:45–10:30am
TT16	2	2.5- 3	Tuesday	10:30–11:15am
TT17	2	2.5- 3	Wednesday	10:30–11:15am
TT18	2	2.5- 3	Thursday	10:30–11:15am

Instructor: Kathy Davis

Sticky Fingers

Tuition: \$30 per seven week session

This parent and child class is teacher directed with activities such as crafts, play dough, sand play, chalk, etc. Come on in and get messy! Due to the popularity of this class, members may only register for 1 class per week. **Limit 10 per class.**

Session 1 begins the week of January 23, 2012

Code	Session	Age	Day	Time
SF1	1	18 months – 2.5	Monday	9:00–9:45am
SF2	1	18 months – 2.5	Wednesday	9:00–9:45am
SF3	1	18 months – 2.5	Friday	9:00–9:45am
SF4	1	2.5-3.5	Monday	9:45–10:30am
SF5	1	2.5-3.5	Monday	10:30–11:15am
SF6	1	2.5-3.5	Wednesday	9:45–10:30am
SF7	1	2.5-3.5	Wednesday	10:30–11:15am
SF8	1	2.5-3.5	Friday	9:45–10:30am
SF9	1	2.5-3.5	Friday	10:30–11:15am

Session 2 begins the week of March 26, 2012

Code	Session	Age	Day	Time
SF10	2	18 months – 2.5	Monday	9:00–9:45am
SF11	2	18 months – 2.5	Wednesday	9:00–9:45am
SF12	2	18 months – 2.5	Friday	9:00–9:45am
SF13	2	2.5-3.5	Monday	9:45–10:30am
SF14	2	2.5-3.5	Monday	10:30–11:15am
SF15	2	2.5-3.5	Wednesday	9:45–10:30am
SF16	2	2.5-3.5	Wednesday	10:30–11:15am
SF17	2	2.5-3.5	Friday	9:45–10:30am
SF18	2	2.5-3.5	Friday	10:30–11:15am

Instructor: Donna Mattimoe

Sports, Games & More...

Tuition: \$30 per seven week session

This fun filled class for your preschooler will engage him/her in various activities including organized sports, free play and simple physical activities for motor development/coordination. Participants must be able to separate from parents and follow directions.

Limit 10 per class.

Session 1 begins the week of January 23, 2012

Code	Session	Age	Day	Time
SG1	1	3	Monday	9:30–10:15 am
SG2	1	4-5	Monday	1:15-2:00 pm
SG3	1	3	Friday	9:30 - 10:15 am
SG4	1	3	Friday	10:15 - 11:00 am

Session 2 begins the week of March 26, 2012

Code	Session	Age	Day	Time
SG5	2	3	Monday	9:30–10:15 am
SG6	2	4-5	Monday	1:15 - 2:00 pm
SG7	2	3	Friday	9:30 - 10:15 am
SG8	2	3	Friday	10:15 - 11:00 am

Instructor: Joan Kennedy

Story Time & Crafts

Tuition: \$30 per seven week session

This language based program will assist 3 & 4 year olds with the following skills: listening skills, sequencing, and self-expression. A simple craft will be made which ties into the story theme. **Limit 10 per class.**

Session 1 begins January 23, 2012

Code	Session	Age	Day	Time
STC1	1	3&4	Thursday	1:15–2:00pm

Session 2 begins March 26, 2012

Code	Session	Age	Day	Time
STC2	2	3&4	Thursday	1:15–2:00pm

Instructor: Kathy Davis

Creative Movement and Dance

Tuition: \$30 per seven week session

Preschoolers love to move! This class will include interactive songs and dance, movement games and stories, and basic locomotive skills such as skipping, hopping and galloping. No special attire is necessary. **Participant must be able to separate from parents & follow instructions.**

Session 1 begins the week of January 23, 2012

Code	Session	Age	Day	Time
CD1	1	3-5	Monday	10:15-11:00 am

Session 2 begins the week of March 26, 2012

Code	Session	Age	Day	Time
CD2	2	3-5	Monday	10:15-11:00 am

Instructor: Valerie Maio

Small Wonders Early Childhood Program

Small Wonders Peek Week

Visit the Small Wonders classroom during the week of January 17 - 20 to see our wonderful program. Come any day that week between 9 am - 10 am to see our nurturing staff and program activities. For more information contact Ellen Levine at 617-635-3479.

Small Wonders Early Childhood Program **Ages 2.9 -4 years**

At Small Wonders our experienced Early Childhood educators strive to create an environment in which your child may thrive physically, developmentally and socially. We offer 3 and 4 year old programs.

Lottery Registration: Wednesday, January 25, 2012

Registration will be done by a lottery selection. To obtain a number you must register between 6 pm and 6:30 pm at the Roche Center on January 25th. The lottery will take place at 6:30 pm. You must be present at the time of the lottery to obtain a slot. One non-refundable/transferrable payment is due upon selection to secure a slot for the 2012-2013 school year.

Program	Days	Time	Fee
3 year old	Tuesday/Thursday	8:45 am - 11:15 am	3 payments of \$450
3 year old	Tuesday/Thursday	12:15 pm - 2:45 pm	3 payments of \$450
4 year old	Mon/Wed/Fri	8:30 am - 12:30 pm	3 payments of \$675

Child must be 2.9 years of age by September 1, 2012 to register for the 3 year old program. Parent must bring birth certificate at time of registration.

Youth Programs

Pee Wee Basketball

Tuition: \$30 per seven week session

This class enables participants to practice basic drills and increase their ability through repetition. No games, just skill building. **All participants must wear appropriate athletic attire for class.**

Session 1 begins the week of January 23, 2012

Code	Session	Ages	Day	Time
PWB1	1	5-6	Tuesday	4:00-4:45pm
PWB2	1	5-6	Wednesday	4:45-5:30pm
PWB3	1	7-8	Tuesday	4:45-5:30pm
PWB4	1	7-8	Wednesday	4:00-4:45pm

Session 2 begins the week of March 26, 2012

Code	Session	Ages	Day	Time
PWB5	2	5-6	Tuesday	4:00-4:45pm
PWB6	2	5-6	Wednesday	4:45-5:30pm
PWB7	2	7-8	Tuesday	4:45-5:30pm
PWB8	2	7-8	Wednesday	4:00-4:45pm

Wide World of Sports

Tuition: \$30 per seven week session

Participate in a variety of recreational sports including floor hockey, whiffleball, soccer, basketball and more!

Session 1 begins the week of January 23, 2012

Code	Session	Ages	Day	Time
WW1	1	6-8	Friday	3:30-4:15pm
WW2	1	6-8	Friday	4:15-5:00pm

Session 2 begins the week of March 26, 2012

Code	Session	Ages	Day	Time
WW3	2	6-8	Friday	3:30-4:15pm
WW4	2	6-8	Friday	4:15-5:00pm

Instructional Tennis

Tuition: \$30 per seven week session

WRCC Athletics is introducing tennis! Learn the fundamentals and build skills during mini tennis matches!

Session 1 begins the week of January 23, 2012

Code	Session	Ages	Day	Time
TEN1	1	8-10	Thursday	3:30-4:15pm

Session 2 begins the week of March 26, 2012

Code	Session	Ages	Day	Time
TEN2	2	8-10	Thursday	3:30-4:15pm

Youth Karate

Tuition: \$40 per seven week session

This entry level Karate class is an excellent tool for your child to build self-confidence, learn discipline, and improve coordination in a safe fun-filled environment. **Limit 15 per class**

Session 1 begins the week of January 23, 2012

Code	Session	Ages	Day	Time
YK1	1	4-8	Wednesday	5:15 - 6:00pm

Session 2 begins the week of March 26, 2012

Code	Session	Ages	Day	Time
YK2	2	4-8	Wednesday	5:15 - 6:00pm

Instructor: Ari Cassarino

WRCC Wheelhouse Baseball Clinic

Tuition: \$50 per session

This off -season indoor baseball clinic will focus on developing the proper fundamentals of hitting, catching, throwing, fielding and base-running mechanics. The goal of this program is to challenge passionate players of all ability levels to improve their skills, in a fun, safe training environment. **Limit 12 players**

10 week session begins the week of January 23, 2012

Code	Session	Ages	Day	Time
WBC1	1	10-12	Thursday	4:00 - 5:30pm

Beginner Guitar Class

Tuition: \$100 per session

Learn to play guitar! This group lesson will teach you how to tune and care for your acoustic guitar, how to play chords, read guitar tablature, and strum songs by yourself and with others. Bring your acoustic guitar (no electrics, please) and we'll provide the rest. **Limit 10**

14 week session begins Monday, January 23, 2012

Code	Session	Ages	Day	Time
BGC1	1	9-16	Monday	6pm-7pm

Instructor: Brian Campell

Guitar Class Level 2

Tuition: \$100 per session

Participants are expected to know how to tune and form most open chords before registering for this class. This 14 week session will focus on open chord changes, bar chords, and ear-training. Participants must own working guitar, tuner, picks etc. **Limit 10**

14 week session begins Wednesday, January 25, 2012

Code	Session	Ages	Day	Time
GCL2	1	9-16	Wednesday	6pm-7pm

Instructor: Brian Campell

WRCC Art Workshop

Tuition: \$60 per seven week session

This art class will explore unusual techniques using unique and exciting materials. Each week young artists will create a new project. We will use clay, create sculptures, paint and create collages. Each artist's creativity will be encouraged and celebrated!

Session 1 begins the week of January 23, 2012

Code	Session	Ages	Day	Time
CRAFT1	1	5-6	Tuesday	3:45-4:30pm
CRAFT2	1	7-12	Tuesday	4:45-5:30pm

Session 2 begins the week of March 26, 2012

Code	Session	Ages	Day	Time
CRAFT3	2	5-6	Tuesday	3:45-4:30pm
CRAFT4	2	7-12	Tuesday	4:45-5:30pm

Instructor: Joanne Clamage (Mrs. C art teacher from summer camp)

Pee Wee Drama

Tuition: \$30 per seven week session

In this lively 45 minute class the younger set will put their dramatic talents to work. We'll act out old and new stories and make up a few of our own! Classes will encourage listening, control, cooperation, and using the imagination. But most of all it's FUN!!

Session 1 begins the week of January 23, 2012

Code	Session	Ages	Day	Time
PWD1	1	4-6	Friday	3:30-4:15pm
PWD2	1	6-8	Friday	4:15-5:00pm

Session 2 begins the week of March 26, 2012

Code	Session	Ages	Day	Time
PWD3	2	4-6	Thursday	3:30-4:15pm
PWD4	2	4-6	Friday	3:30-4:15pm
PWD5	2	6-8	Friday	4:15-5:00pm

Instructor: Bill Jacob

***Children ages 4-7 who wish to participate in the play in the spring must either have been in the play before or have taken a Pee Wee Drama class within the last two years.**

Act it Out!

Tuition: \$30 per seven week session

Explore the creative process through movement activities, improvisation and dramatization. Develop self-expression and communication skills.

Session 1 begins the week of January 23, 2012

Code	Session	Ages	Day	Time
AO1	1	9 & Up	Friday	5:00-5:45pm

Session 2 begins the week of March 26, 2012

Code	Session	Ages	Day	Time
AO2	2	9 & Up	Friday	5:00-5:45pm

Instructor: Bill Jacob

WRCC PLAYERS present "Beauty & the Beast Jr."

WRCC Players

Ages 8 and up

Tuition: \$75

Be a part of our theatre ensemble. This year's production is "Beauty & the Beast Jr." All players **must** schedule an **audition appointment** at registration.

Auditions will be held on Thursday, February 9th and Friday, February 10th from 6:00 pm - 8:45 pm at the Roche Center. You will be asked to sing a short selection from the play that we will teach you. If you are needed for Call Backs you will be notified by 9pm that evening.

Call Backs will be held at the Roche Center on Saturday, February 11th from 2 pm-5pm.

Read through: Thursday, Feb 16th @ Roche Center from 6 -8:30 pm

1st Rehearsal: Monday, March 12th, at WREC Auditorium 5 - 7:30 pm

Rehearsals: Mondays & Wednesdays 5pm-7:30pm / Some Saturdays 10am-2pm

Pee Wee Players

Ages 4-7 years

Tuition: \$75

Here's a chance for younger stars to experience being in a real play. They will participate in small chorus and walk on roles in the WRCC Players production of "Beauty & the Beast Jr."

PLEASE NOTE: Children ages 4 - 7 who wish to participate in the Pee Wee Players in the spring must either have been in prior WRCC productions or have taken a Pee Wee Drama class within the last two years.

Pee Wee Parent Information Session: Thursday, February 16th 5:30 - 6 pm at the Roche Center. Parents are required to attend for information and hand-outs.

Beauty & the Beast Performances:

Friday, May 11th at 7pm at the WREC Auditorium

Saturday, May 12th at 2pm at the WREC Auditorium

WRCC Summer Programs

Registration for the WRCC summer programs will take place on Wednesday, May 2nd at 5pm. Non-refundable payment must be paid at time of registration for all weeks registered for. **This camp must comply with regulations of the Massachusetts Department of Public Health and be licensed by the local board of health.**

Summer Fun Camp at Roche Center Ages 3 – 5 years

Camp begins July 9th and ends on August 17th

Monday through Friday 8:30 am – 1:00 pm

Fee: \$150 per week per child

Breakfast and lunch provided. Must be 3 years old by July 9, 2012

Program	Week of	Tuition*
SF1	Week of July 9	\$150
SF2	Week of July 16	\$150
SF3	Week of July 23	\$150
SF4	Week of July 30	\$150
SF5	Week of August 6	\$150
SF6	Week of August 13	\$150

Camp WRCC at WREC Ages 6 –11 years

Camp begins the week of July 9th and ends on August 17th

Monday through Friday 8:30 am – 3:00 pm

Fee: \$175 per week per child

Breakfast and lunch provided. Must be 6 years old by July 9, 2012

Program	Week of	Tuition*
CWRCC1	Week of July 9	\$175
CWRCC2	Week of July 16	\$175
CWRCC3	Week of July 23	\$175
CWRCC4	Week of July 30	\$175
CWRCC5	Week of August 6	\$175
CWRCC6	Week of August 13	\$175

*Summer Camp tuition prices are subject to change prior to registration

TEEN CENTER ON CENTRE (T.C.O.C.) Program

Grades 6- up

WRCC's Teen Center on Centre is for youth in Grades 6 - up. Our Youth Worker is eager to meet and work with the teens of the Parkway area. Included in the yearly membership fee is our drop-in center where teens can use the computers and do some homework. If you have any questions or suggestions for programming, they are welcomed. Please feel free to contact Courtney at courtney.losi@cityofboston.gov

Teen Center Drop In

Mondays -Thursdays 2:30 - 6pm

Fridays 2:30 - 8:30 pm Times may vary due to trips

This is a chance for the teens to come together with friends, and have the opportunity to make new friends in a relaxed environment. Get your homework assignments done in our computer lab or simply come down and hang out. **Membership is all you need to take part in this program.**

Friday Night Field Trips and Half Day Program

Please keep an eye on the West Roxbury Bulletin and Teen Center Info Board for all upcoming trips and programs. If interested you may also add your name to our email updates by emailing courtney.losi@cityofboston.gov. Pre-registration is required as space is limited. The price may change depending on enrollment. Participants must be at the Roche Center ½ hour before the scheduled time. Ask to be put on our email list for updates!! Due to the limited number of slots for teen trips, once registration is accepted by WRCC no refunds, credits, or transfers will be given if a teen does not attend.

Must fill out permission slips for all trips.

6th Grade Nights

Tuition: \$5 per youth

Join us one Friday a month for a night just for 6th graders! Ping Pong tournaments, gym activities & more! While the older kids are at the dance let's have some fun of our own!!

Pizza and drinks included - **Pre-registration required for pizza order.**

Code	Date	Grade	Cost
6GN1	1/6/2012	6	\$5
6GN2	2/3/2012	6	\$5
6GN3	3/2/2012	6	\$5
6GN4	4/13/2012	6	\$5

February & April Vacation Week Activities

February 21st-24th & April 17th- 20th

Please check the West Roxbury PATCH for any news about ongoing programs at WRCC or email @ Courtney.losi@cityofboston.gov to be added to our email list for updates!

T.C.O.C. Summer Clinic

Ages 12-15

Join your friends for this exciting program geared to the adolescent. Program will be field trip based. We will travel throughout the city and beyond. Two-week sessions begin July 9th. Monday – Friday 9 am to 4 pm*. *Some trips end later in the day.

Program Code	Week of	Tuition*
CLC1	Two week session to begin July 9	\$250
CLC2	Two week session to begin July 23	\$250
CLC3	Two week session to begin August 6	\$250

*Summer Camp tuition prices are subject to change prior to registration

Adult Programs

Morning Yoga

Tuition: \$60 per seven week session

Beginning Hatha Yoga. Learn deep breathing techniques to enhance flexibility and help in relaxation. Basic standing postures taught to develop strength, balance and coordination. Floor work and a short meditation session will complete this morning session.

Session 1 begins the week of January 23, 2012

Code	Session	Ages	Day	Time
MY1	1	Adult	Thursday	9:00–9:45am

Session 2 begins the week of March 26, 2012

Code	Session	Ages	Day	Time
MY2	2	Adult	Thursday	9:00–9:45am

Instructor: JoAnn Arone

Yoga For Adults

Tuition: \$60 per session

Practice Hatha Yoga to exercise every part of your body and improve your health, suppleness and peace of mind. Each class will consist of a physical workout followed by relaxation and meditation.

Session 1 begins the week of January 23, 2012

Code	Session	Ages	Day	Time
AY1	1	Adult	Monday	6:30-7:45pm
AY2	1	Adult	Wednesday	6:00-7:15pm

Session 2 begins the week of March 26, 2012

Code	Session	Ages	Day	Time
AY3	2	Adult	Monday	6:30-7:45pm
AY4	2	Adult	Wednesday	6:00-7:15pm

Session 3 begins the week of May 21, 2012

Code	Session	Ages	Day	Time
AY5	3	Adult	Monday	6:30-7:45pm
AY6	3	Adult	Wednesday	6:00-7:15pm

Instructor: Ines Hudson

Beginning Yoga for Adults

Tuition: \$60 per seven week session

Stretch, strengthen, relax and improve your flexibility! Learn the basics of gentle, Kripalu-style yoga and breath work through clear and simple instruction- perfect for beginners, but open to any level of students who would like to broaden their foundation. Please bring your own yoga sticky mat and or a towel/blanket plus a bottle of water.

Session 1 begins the week of January 23, 2012

Code	Session	Ages	Day	Time
YBA1	1	Adult	Tuesday	5:45-7:00pm
YBA2	1	Adult	Tuesday	7:15-8:30pm
YBA3	1	Adult	Thursday	7:30-8:45pm

Session 2 begins the week of March 26, 2012

Code	Session	Ages	Day	Time
YBA4	2	Adult	Tuesday	5:45-7:00pm
YBA5	2	Adult	Tuesday	7:15-8:30pm
YBA6	2	Adult	Thursday	7:30-8:45pm

Session 3 begins the week of May 21, 2012

Code	Session	Ages	Day	Time
YBA7	3	Adult	Tuesday	5:45-7:00pm
YBA8	3	Adult	Tuesday	7:15-8:30pm
YBA9	3	Adult	Thursday	7:30-8:45pm

Instructor: Raven Sadhaka Seltzer

Zumba

Tuition: \$60 per session

Zumba can best be described as international dance fitness. It fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.

Session 1 begins the week of January 23, 2012

Code	Session	Ages	Day	Time
ZUM1	1	Adult	Wednesday	7:30–8:30pm

Session 2 begins the week of March 26, 2012

Code	Session	Ages	Day	Time
ZUM2	2	Adult	Wednesday	7:30–8:30pm

Instructor: MaryJane Bernazzani

Power Yoga

Tuition: \$60 per seven week session

Power yoga takes your traditional vinyasa (flow) class and builds in a concentration on strength and flexibility. It is a more fitness-based approach to yoga. You will flow throughout class, experiencing a cardio workout while holding poses that build strength and flexibility. Experience the traditional benefits of yoga; relaxation, breathing, flexibility, as you simultaneously build strength and get your heart rate up. It is a non-impact, challenging way to increase your overall fitness level and reconnect to your inner self.

Session 1 begins the week of January 23, 2012

Code	Session	Ages	Day	Time
PY1	1	Adult	Saturday	9:30–10:45am

Session 2 begins the week of March 26, 2012

Code	Session	Ages	Day	Time
PY2	2	Adult	Saturday	9:30–10:45am

Instructor: Stephanie Bogue

Knitting for Adults

Tuition: \$50 per seven week session

Come learn how to knit and purl for beginners

Session 1 begins the week of January 23, 2012

Code	Session	Ages	Day	Time
KN1	1	Adult	Tuesday	6:30-8:30 pm

Session 2 begins the week of March 26, 2012

Code	Session	Ages	Day	Time
KN2	2	Adult	Tuesday	6:30-8:30 pm

Instructor: Jean Shaw

Senior Programs

Yoga for Seniors

Tuition: \$50 per seven week session 2 days per week

Chair exercise program for men and women incorporating stretching, breathing, strengthening exercises, and relaxation techniques. Wear comfortable clothing.

Session 1 begins the week of January 23, 2012

Code	Session	Ages	Day	Time
SY1	1	Senior	Tues&Thurs	10:30-11:30am
SY2	1	Senior	Tues&Thurs	11:30-12:30pm

Session 2 begins the week of March 26, 2012

Code	Session	Ages	Day	Time
SY3	2	Senior	Tues&Thurs	10:30-11:30am
SY4	2	Senior	Tues&Thurs	11:30-12:30pm

Instructor: JoAnn Arone

Yoga for Seniors

Tuition: \$30 per seven week session 1 day per week

Chair exercise program for men and women incorporating stretching, breathing, strengthening exercises, and relaxation techniques. Wear comfortable clothing.

Session 1 begins the week of January 23, 2012

Code	Session	Ages	Day	Time
SY5	1	Senior	Wednesday	2-3pm

Session 2 begins the week of March 26, 2012

Code	Session	Ages	Day	Time
SY6	2	Senior	Wednesday	2-3pm

Instructor: JoAnn Arone

Tai Chi for Seniors

Tuition: \$25 per seven week session

Learn ways to maximize your energy, balance and stability with this gentle 8 movement tai chi short form. Increase circulation and reduce stress. **Seniors must be able to demonstrate the first 4 moves of the form to participate. Dates will vary.**

Session 1 begins January 26, 2012

Code	Session	Ages	Day	Time
TC2	1	Senior	Thursday	12:45-1:45pm

Instructor: Kathleen Ahern

Line Dancing for Seniors

Enjoy your next party or wedding to the fullest. Join us for line dancing instruction that includes oldies. Hully Gully, the Greek Dance, Amos Moses, Watermelon Crawl, Achy Breaky, Boot Scootin' Boogie and many more! Wear comfortable clothing and sneakers.

Mondays 11:15 am

Instructor: Nancy DiDuca

Men's Pinoche Group

Enjoy a game of pinochle and meet some new friends at our Pinochle group.

Mondays and Wednesdays 11:00am

Bridge Group

Enjoy a game of bridge and meet some new friends at our Bridge group.

Wednesdays 11:00am

Senior Book and Bagel Club

Join us on the 3rd Thursday of January at 11:30am for our first meeting of the New Year. We will discuss our book choices. Bring your own coffee and snack! The club will meet the 3rd Thursday of each month through June. For more information on book selections call the front desk at 635-5066.

Café on Centre

Fridays

A sense of community and friendship is vital to living a fulfilled, healthy life; and so is a hot meal. Ethos invites those aged 60 and older to come dine with friends, both old and new, at the Roche Family Community Center Café every Friday from 10:30am – 2:30pm. A donation of \$2.00 per meal is suggested, but not required. For a reservation and more information, call Ethos at (617) 522-6700.

WRCC Special Wednesday Luncheons

Tuition: \$5

Lunch will be served at noon. Participants must register in person at the Roche Center. Space is limited.

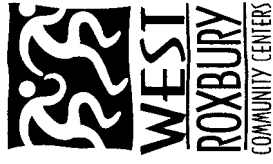
Code		Date
STPL	St. Patrick's Day Luncheon	March 14
MDL	Mother's Day Luncheon	May 9

Foxwoods Trips

Tuition: \$20 per trip

Bus departs from the Roche Community Center promptly at 7:45am

Code	Date
FOX1	February 6
FOX2	April 2
FOX2	June 4



1716 Centre Street
West Roxbury
MA 02132

